
# Breast Enhance

Stock #1107-3 (90 capsules)

According to a recent article in the *Washington Post*, over 200,000 American women underwent breast augmentation in 2001, which is twice the number of women who received cosmetic breast implants 10 years ago. Unfortunately, many public health advocates and physicians indicate that additional research "has confirmed that planting a device in a woman's breast can cause serious, predictable and often costly complications."[1]

A much safer, less-expensive and natural alternative to potentially dangerous invasive surgery may be the use of dietary supplements containing phytoestrogens to promote the growth of breast tissue. Phytoestrogens are plant-based estrogens that are structurally similar to human estrogen and demonstrate significant estrogenic properties or "estrogen-like" effects in the body.[2,3]

Scientists have confirmed that phytoestrogens, particularly those known as isoflavones, interact with estrogen receptors, providing weak estrogen-like activity, while blocking the effects of excess estrogen. In this way, isoflavones have been shown to stimulate estrogen receptor sites in the breast and cause the growth of breast tissue. One study showed a significant increase in breast tissue growth after just 14 days of isoflavone supplementation.[3-6]

More importantly, research indicates that isoflavones may help promote bone formation and prevent osteoporosis, as well as reduce cardiovascular disease risk. Plus, recent findings suggest isoflavones can be used as a natural alternative to hormone replacement therapy and to reduce menopausal symptoms. Furthermore, isoflavones exhibit anti-carcinogenic potential and may help reduce the risk of breast and uterine cancer caused by excess estrogen.[5,7-13]

**Breast Enhance** is an herbal formula that provides a rich source of phytoestrogens. Breast Enhance is designed especially for women who desire a safe and natural means of achieving firmer, fuller or more shapely breasts. In addition, the estrogenic effects of the phytoestrogens in Breast Enhance may also help reduce unpleasant premenstrual or menopausal symptoms.

**Kudzu root** contains unique isoflavones, particularly genistein and daidzein, which interact with estrogen receptors. Animal research has shown that dietary genistein stimulates mammary (breast) gland growth. In addition, a variety of health benefits have been attributed to kudzu isoflavones, including the reduction of total cholesterol levels and anti-myocardiac ischemia effects (prevention of reduced blood flow to the heart), as well as protection against breast cancer.[14-19]

**Dong quai root** is widely recognized for its role in relieving female complaints such as menstrual irregularities and menopause. According to research published in the *American Journal of Chinese Medicine*, dong quai contains phytoestrogens that help regulate estrogenic activity in the body. A recently documented case published in the *Singapore Medical Journal* reported that a man developed gynaecomastia (abnormal enlargement of the male breast) after taking dong quai "pills." Such breast growth was determined to be most likely related to the herb's phytoestrogen content.[20-26]

**Alfalfa herb** contains phytoestrogens that have demonstrated estrogenic effects in biological studies. Alfalfa has traditionally been used to treat menopausal symptoms and recent research has confirmed alfalfa's effectiveness for reducing hot flashes and night sweats in menopausal women. Symptoms including hot flashes, insomnia, nocturnal sweating, dizziness, headaches and palpitations are indicative of the body's attempt to adapt to estrogen deprivation, which affects various central neurotransmitters.[3,8,27-29]

**Saw Palmetto** fruit extract contains fatty acids that are generally recognized as being responsible for saw palmetto's hormone modulating activity. Saw palmetto also contains a variety of phytosterols, including beta-sitosterol. Phytosterols have been shown to mimic or regulate human hormones or hormone precursors. Phytosterols have also been shown to improve immunity, and more recently, to help prevent some types of cancer, including breast cancer. In fact, beta-sitosterol has been shown to induce apoptosis (cell death) in breast cancer cells, as well as prevent the formation of mammary (breast) lesions in mice exposed to carcinogens.[30-37]

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